

Sexual Diseases of Men

—AND—

Cures Without Drugs,

INCLUDING

LOST MANHOOD, GONORRHOEA, SYPHILIS, MASTURBATION,
STERILITY, SPERMATORRHOEA. VARICOCELE, SEM-
INAL LOSSES, AND DISEASES OF THE
PROSTATE.

— BY —

W. FRANK ROSS, A. M., M. D.

Author of "Medical Hygiene, or Cures for All Dis-
eases Without Drugs," "Medical Secrets for
Married People," Etc., Etc.

PRICE, 50 CENTS.

Copyrighted, 1896, by W. FRANK ROSS, M. D.

PUBLISHED BY
W. FRANK ROSS, A. M., M. D.
St. Louis, Mo.

TABLE OF CONTENTS.



Spurious Gonorrhoea.....	3	Herpes Progenitalis.....	9
Gleet.....	3	Inflammation of Penis.....	9
Catarrh of Urethra.....	3	Tumors of Prostate.....	10
Gonorrhoeal Sore Eyes.....	3	Inflammation of Prostate.....	10
Gonorrhoeal Rheumatism... ..	3	Enlarged Prostate.....	10
Venereal Warts.....	3	Bubo, or Blue Balls.....	10
Phimosis.....	3	Abscess in Perineum.....	10
Paraphimosis.....	4	Inflammation of Bladder.....	10
Urethral Fever.....	4	Stone in Bladder.....	11
Priapism.....	4	Kidney Troubles... ..	11
Chordee.....	4	Sexual Nervous Debility.....	11
Retention of Urine.....	4	Nightly Emissions... ..	11
Orchitis.....	4	Spermatorrhoea... ..	11
Epidydimitis.....	4	Lost Manhood	12
Tumors of Testicles.....	5	Satyriasis.....	11
Hydrocele.....	5	Sterility.....	12
Varicocele.....	5	Masturbation, or Self-Abuse...12	
Skin Diseases of Scrotum.....	5	Lice.....	13
Neuralgia of Testicles.....	5	Sore Throat.....	13
Small Testicles... ..	5	Constipation.....	13
Abnormal Testicle.....	5	Billiousness.....	13
Bleeding from Penis.....	5	Bad Colds.....	13
Syphilis, or Pox.....	5	Dyspepsia.....	13
Gonorrhoea, or Clap.....	8	Nasal Catarrh... ..	13
Stricture.....	9	Rules for Men.....	14
Abscess in Penis.....	9	Drug Doctors' Testimony.....	14
Bruising Penis.....	9	Long Life.....	16
Tumors on Penis.....	9		

SPURIOUS GONORRHOEA, OR BALANITIS.—This is a discharge from the penis, resembling gonorrhoea, but without infection. The head of the penis becomes inflamed, and generally involves the prepuce. It comes from contact with filth, such as gonorrhoea, leucorrhoea or menstrual flow. It may be mistaken for gonorrhoea, chancre, chancroid or herpes progenitalis. Keep the parts clean, and apply cold wet cloths. Follow practically the same treatment as for gonorrhoea. Use no drugs. Keep the head of the penis, under the prepuce, clean. Read the last chapter in this book.

GLEET.—This is a milky, viscid, scanty discharge from the penis, caused by gonorrhoea, masturbation, gout, scrofula. It is often caused by the drugs used to cure gonorrhoea. For treatment, remove the cause. Eat only fruits, grains and vegetables. Avoid beer, whiskey, wine, tobacco, drugs. Sponge off the body with a wet towel, or other form of bath, every other day, and wear a wet towel around the waist at night. Follow the chapter on "Rules for Men." Gleet often causes stricture. A little colorless fluid in the penis is natural. Drugs and medicines will only do harm, and no good. Read the chapter on "Drug Doctors."

URETHRITIS, OR CATARRH OF THE URETHRA.—This is an inflammation and discharge from the penis resembling gonorrhoea. It is caused by the passing of instruments, sexual excesses, sexual intercourse while the woman has leucorrhoea or menstruation, or stone in the bladder. Drugs for this only does harm. Use the same treatment practically as for gonorrhoea. Find the cause and remove it.

EYES INFLAMED FROM GONORRHOEA OR GONORRHOEAL CONJUNCTIVITIS.—The eyes may swell and discharge pus. It is caused by carrying some of the pus from the penis to the eye. It is cured by following the chapter on "Rules for Men," and bathing the eyes several times a day in warm water. Keep cold wet cloths on the eyes at night. The above generally cures in four to six weeks. Severe cases may require the eye to be bathed several times a day in a solution of zinc sulphate, one grain to two ounces of rain water.

GONORRHOEAL RHEUMATISM is a rheumatism resulting from gonorrhoea. It resembles gout, and is not so severe as usual rheumatism. It generally appears in six to fifteen days after the gonorrhoeal discharge appears. This disease is very rare in women. The joints are swollen and may be very tender. The muscles and large nerves may also be affected. It has much less fever than ordinary rheumatism, no sweating, and heart complications are very rare. Apply hot wet flannels to the joints to allay the pain. Eat no meat, butter, milk, cheese, cream, gravies or highly seasoned food. Eat largely of fruits and grains (oats, wheat, corn, barley, rice). Sit in a tub of water, hot as can be borne, with a quilt around the shoulders, for twenty minutes daily. Keep the window open two inches night and day. Avoid, tea, coffee, alcoholic drinks, tobacco and fried food. Use no drugs.

VENEREAL WARTS.—These are caused by a discharge from the urethra. They occur on the head of the penis, on the scrotum and anus. Cleanliness will generally cure them, but if not, then apply a little nitric acid with a splinter of wood, being careful not to let the acid touch any of the skin. They may be nipped off with scissors, then touched with the acid.

PHIMOSIS.—This is a narrowing of the foreskin so it can not be pulled back over the head of the penis. It is caused by gonorrhoea, masturbation, uncleanness and heredity. If it occurs with gonorrhoea or syphilis, it may be cured by applying hot wet cloths and following the mode of living as directed for gonorrhoea. It may require a surgeon to slit open the foreskin with a knife or scissors.

Sometimes cold wet cloths cure it. Often a daily stretching and pulling back on the foreskin will remove the trouble.

PARAPHIMOSIS.—This is where the foreskin, being pulled back behind the head of the penis, swells so it can not be returned to its proper place. Hold the penis with both hands between the first and second fingers, and press steadily on the head (glans) with both thumbs. Or, begin at the head and gradually wrap a fine string around it until you get past the swollen part. This reduces the swelling, when the foreskin can be pulled back. Applying ice or cloths wet in ice water, may cure it. It may require a surgeon to slit open the foreskin.

URETHRAL FEVER.—The chill and fever of this disease comes on after instruments have been passed into the bladder. It may be only slight, or so violent under drug treatment as to cause speedy death. Use no drugs. During the chill apply hot irons or bottles of hot water to the body. During the fever sponge the body with cool (not cold) water; or if the fever is high, sponge the back and chest with cold water. Keep the window open a few inches day and night. Give him nothing to eat the first day or two, and after that a light diet of fruits and grains. Avoid tea, coffee, alcoholic stimulants, tobacco and meat.

PRIAPISM.—This is a constant and painful erection of the penis, caused by sexual excesses, masturbation, impure thoughts and nervous diseases. Remove the cause. Apply cold wet cloths to the parts. If this does not relieve, apply hot wet cloths. Be sure to empty the bowels with a large injection of hot water. To prevent a return, follow the chapter on "Rules for Men." Avoid all medicines.

CHORDEE.—This is a painful erection of the penis, attending gonorrhoea, and happens chiefly at night. The urethra can not expand as much as the surrounding parts, and so the penis is curved. Apply cold wet cloths, or a rubber bag of cold water, or a cold iron, or sit in a tub half full of cold water for two minutes. Then walk briskly around the room and think of other things.

RETENTION OF URINE.—This is inability to expel urine from the bladder. It is caused by gonorrhoea, stone in bladder, stricture, enlarged prostate, or paralysis. It is shown by a hard, pear-shaped tumor and tenderness over the lower part of the abdomen, with pain and flashes of heat. Generally it is relieved by sitting in a tub half full of hot water for fifteen minutes, then in a tub half full of cold water for a few minutes, or by applying hot wet cloths to the lower part of the belly. It is often relieved by the sound of pouring water from one vessel to another. If not relieved by the above, pass a clean, warm and oiled catheter into the bladder three times a day. Have the patient on his back while passing the catheter. Do not use drugs.

ORCHITIS.—This is an inflammation of one or both testicles. The testicle swells and is painful. It is caused by injury, gonorrhoea, mumps, a cold or scrofula. Remove the cause. Rest in bed, and, as far as possible, follow the chapter on "Rules for Men." Apply cold wet cloths for two hours, then hot wet cloths for twenty minutes. Take a sponge or full bath daily. The diet should be light, and consist of fruits and grains. It is well to open the bowels daily with large injections of hot water. This treatment will rapidly cure without drugs.

EPIDYDIMITIS.—This closely resembles orchitis, and requires the same treatment. This disease often causes sterility. Drugs do it harm, and no good.

TUMORS OF THE TESTICLES.—All the different kinds of tumors affect the testicle, and if not cancer and not of too long standing, will be cured by following the chapter on "Rules for Men." After thorough trial of the above, as a radical treatment eat only one or two light meals a day, without meat, butter, tea, coffee, beer or whiskey. If the above does not cure, then a surgical operation is necessary.

HYDROCELE.—This is dropsy of the testicles. Holding the scrotum up to the light, it looks translucent, or watery. It may be mistaken for hernia, but hernia will diminish on lying down, and is increased by coughing, while hydrocele is not. Hydrocele comes on gradually, and begins in the bottom of the scrotum (bag), while hernia comes suddenly, and from the top. Recent cases are cured by sitting for two minutes (not longer) several times a day in a tub half full of cold water, and living according to the chapter on "Rules for Men." Long standing cases require a surgical operation. In babies it is easily cured by a simple puncture to let out the water.

VARICOCELE.—This is a dilatation of the veins of the testicles or scrotum. It is generally on the left side. It is a soft, knotty tumor, larger while standing than when lying down. There may be a dull pain in the testicles and back. It is caused by bad habits of life, excessive sexual intercourse, errors in diet, and masturbation. Constipation, filling up a bend in the large gut, called the sigmoid flexure, presses on the veins and causes it. Read and follow the treatment for nightly emissions, with the addition of wearing a suspensory bandage to hold up the scrotum (bag). Often it is cured by curing the spermatorrhoea, that often goes with it. Eat plenty of fruit. Do not permit any surgical operation, and do not use drugs. Dr. Allinson, of London, says eating wholemeal bread often cures it.

SKIN DISEASES OF THE SCROTUM.—Nearly all the skin diseases of the body may affect the scrotum (bag). They are usually cured by perfect cleanliness, and following the chapter on "Rules for Men." Avoid meat, greasy and fried food, milk and drugs. Eat largely of fruits and grains.

NEURALGIA OF TESTICLES.—This resembles neuralgia in other parts (constant or intermittent pain). It may be caused by varicocele, hernia, renal colic, disordered digestion, or nervous diseases. Remove the cause (See "Medical Hygiene; or, Cures for All Diseases Without Drugs," by Dr. Ross, the author of this book.) Follow the chapter on "Rules for Men," and apply cold wet cloths. If not relieved apply hot wet cloths. Do not use drugs.

SWELLING OF TESTICLE, OR ATROPHY.—This is caused by masturbation, sexual excess, general nervous disease, gonorrhoea and other inflammations. Remove the cause, and follow the chapter on "Rules for Men." It may not cause sterility.

ABNORMALITIES OF THE TESTICLES.—There may be only one testicle, or even none. Occasionally a man has a tumor, which resembles a third testicle (and so he thinks he has three). The testicle may be in a wrong position, as in the abdomen, or perineum or thigh. Absence, or wrong position, may cause sterility. Nothing can be done to cure it. No treatment is necessary where a man has what he thinks is one too many testicles.

BLEEDING FROM PENIS.—This is caused by gonorrhoea, inflammation of the bladder or kidneys. Remove the cause. (See "Medical Hygiene; or, Cures for All Diseases Without Drugs," by the author of this book.) Sit in a tub half full of cold water for two or three minutes (not longer), then rest in bed with cold cloths over the small of the back. Drink plenty of cold or hot water, and avoid meat, tea, coffee, alcoholic drinks and medicines.

SYPHILIS OR POX.—This is the worst of all the venereal diseases. It is generally transmitted by sexual intercourse, but may be

caught from articles used by a syphilitic, such as spoons, drinking cups, pipes, unclean surgical and dental instruments. Kissing and vaccination often cause it. A child may give it to the nurse, or nurse to the child. Or it may be inherited from parents. The awful results of this disease, as usually treated with drugs, makes it truly a hell on earth, in which the person afflicted has a living death, and suffers the tortures of the damned. The symptoms are primary, secondary and tertiary. The primary symptoms appear in ten to ninety days after exposure, and consist of a sore, generally on the head of the penis, top side of the penis or lips. The glands in the neighborhood enlarge. The sore will heal in two or three weeks without any treatment, and while there has a hardened base. In thirty to fifty days the secondary symptoms appear, and consist of eruptions on the skin (generally copper colored), falling out of the hair and eyebrows, ulcers and mucous patches in the mouth and throat. These secondary symptoms last six to eighteen months. The tertiary symptoms may never appear, but if they do they consist of lumps on the bones, which form ulcers, and of general diffusion of the poison in various organs, such as brain, liver, eyes and testes. Tertiary may not appear for five or ten years after the primary symptoms.

Treatment.—It can be cured. I have seen it cured. While I was in London, England, Dr. T. R. Allinson assured me he had cured many cases by hygiene without drugs. The well-known Dr. T. L. Nichols, of London, says he has cured it by hygiene, without drugs, depending mostly on wrapping the patient in a wet sheet and sweating him, together with eating only fruits and grains. Dr. Joel Shew, of New York, who had a large practice and wrote several medical books, cured syphilis without drugs. Dr. Shew, speaking of syphilis, gonorrhoea and chancroid, says: "There are no diseases in which the power of water is better proved than in the treatment of these. Under a judicious treatment, the system becomes again free from its uncleanness, and there are left none of those terrible consequences, or secondary effects now so common. It would, perhaps, be a difficult matter to decide precisely how much, such as the loss of the nose, portions of the skull and other parts of the system, the foulest of ulcers, wasting away of the flesh, tremors, despondency and imbecility of mind—I say, it would be difficult to determine how much of these effects are to be attributed to the modes of cure (drugs used). Mercury has for centuries been used as the principal means, and it is a well-established fact, which every well-informed physician will admit, that this drug is capable of producing all these loathsome effects, called the secondary form of venereal disease. Besides all this, we know that persons who have contracted this complaint and taken to the graham bread and water diet exclusively, and observed the rules of bathing, and other means of general health, have escaped those terrible ravages so often found under the ordinary mode of drug treatment to follow in the track of such disease. I read lately an authentic account of some one, a priest, I think, who never failed to cure the disease by restricting the patient for weeks to water gruel only for food and water to drink."

Dr. John Smedley, of Matlock Bank, England, who had an immense hygiene establishment, cured hundreds of cases of syphilis by hygiene without drugs. He says: "Two cases, where one testicle actually protruded through an abscess opening in the scrotum, got quite sound. Another, the back of the throat sloughing, got quite sound. A severe case of lost sight of one eye from syphilitic

inflammation, the sight of the other going, and the frame in a wretched state, although he was under the care of a regular doctor. I could assure the patient of a thorough restoration to health, and the sound sight of both eyes, and that it was only a question of time. He got well, with perfect sight of both eyes. We never use any medicine whatever for these cures. The treatment simply consists of warm, or tepid sitz baths, bandages, no stimulants, and but little flesh food. The most important thing is the general treatment to get up vigor in the stomach, liver and kidneys." Dr. R. T. Trall, of New York, says: "Much experience in the treatment of syphilis in all its forms and phases, primary and secondary, have satisfied me, beyond all shadow of doubt, that constitutional and tertiary syphilis are, in a very great majority of cases, the effects of mineral drugs, and not of the disease. I have not, in a single case, known any secondary or tertiary complications—no ulcers of the throat, no caries of the bones, no decomposition of the palate, no destruction of the nose, no nodes, etc.—in patients whom I have treated for the primary symptoms, or who have not taken mineral medicines; and I have watched this point for more than twenty years. The consequences of drug medication generally, and of mercurial specifics particularly, in all forms of venereal disease, are most horrible. The disease is bad enough, but the ordinary treatment is worse." Dr. Trall used no drugs, but depended mainly on a warm bath, or wet sheet pack, daily, together with a spare and simple diet. Prof. J. T. Jelks, of the Barnes Medical College, in St. Louis, says: "Chancere (the sore of syphilis on the penis or lips) will get well in a week or two if you leave it alone. Calomel and lime water are used as a wash, only to keep the patient busy, not to cure him. You don't need to punish the man by burning and cauterizing the sore. Cutting out the sore is a failure." Dr. Jelks has had a large experience with syphilis at Hot Springs, Ark. Dr. Wood, the celebrated author, says: "There has arisen a school of syphilographers (physicians devoted to the treatment of syphilis), who assert that the drug is not only not necessary, but is in all stages and all cases of the disease most injurious; that the worst symptoms of the disease are due, not to the constitutional affection, but to the remedy (mercury) given for its relief." Dr. J. H. Kellogg, quotes from the British Medical Journal where a leading English surgeon of the British army cured hundreds of cases of syphilis without mercury, depending mostly on hot water baths.

Prof. Hughes Bennett, M. D., F. R. S. E., President of the Royal Medical Society of Edinburgh, says: "More than eighty thousand cases have been submitted to experiment, by means of which it has been perfectly established that syphilis can be cured in a shorter time, and with less probability of producing secondary syphilis, by the simple than by the mercurial treatment. The intensity of the disease in modern times has declined, exactly in proportion as its treatment by mercury has diminished, and the disorder has been left to follow its natural course. When we treat syphilis on the same principles as we do scarlet fever and smallpox, it will prove infinitely less fatal than those disorders." By the simple treatment, Prof. Bennett means diet, bathing and good hygiene. Dr. J. H. Kellogg, chief physician and surgeon at the large sanitarium at Battle Creek, Mich., and member of the State Board of Health of Michigan, says that syphilis should be treated by hygiene remedies without drugs.

The best, quickest and surest treatment for syphilis is as follows: Leave the sore on the penis or lips alone, as it will get well within two weeks. Stop all sexual intercourse and masturbation. Follow strictly, as far as possible, the chapter on "Rules for Men." Eat only fruit, grains (wheat, oats, corn, rye, barley and rice), and

but few vegetables (peas, beans, lentils and potatoes). Drink one to two quarts of water daily. Every other day sit for twenty minutes in a tub half full of water, hot as can be borne, with a quilt pinned around the neck, covering the tub. This causes a profuse sweat. While in the tub have more hot water poured in every five minutes. Following this, wash the body quickly all over in the hot water. Every day you do not sit in the hot water, be wrapped up for an hour in a hot wet sheet. While in the hot, wet sheet, have hot irons or hot bottles to the feet, and drink a cup of hot water. Once a week give a hot air bath, instead of the wet sheet, and occasionally give a vapor bath. Once a week wash out the bowels with an injection of one to two quarts of hot water. Every night wear a wet folded towel around the waist, with a dry one over it. While sick, strictly avoid all tea, coffee, tobacco, alcoholic drinks, rich foods, meat and drugs and medicines of all kinds. Treat the bubo as directed elsewhere in this book. Read the last chapter of this book on "Drug Doctors."

GONORRHOEA, OR CLAP.—It appears in one to fourteen days after exposure. The first symptoms are itching of the head of the penis, slight discharge, and pain on passing water. After about five days the discharge is greater, and resembles yellow matter, or pus. There may be some pain in the testicles, groins and back. It is generally caused by impure sexual intercourse, but may be caused by contact with water closets. A discharge resembling gonorrhoea may come from passing instruments, or injections or drugs in the penis, or from sexual intercourse during menstruation, or while the woman has leucorrhoea. These are cured in the same way as gonorrhoea. Some of the complications from this disease are cystitis, phimosis, paraphimosis, bleeding, adenitis or bubo, balanitis, chordee, orchitis, retention of urine, abscess in penis, venereal warts, conjunctivitis, sterility, gonorrhoeal rheumatism, stricture and gleet. Proper treatment for the above is given in this book.

Treatment.—Pinckney French, M. D., Professor in the Barnes Medical College of St. Louis, says that "nine-tenths of all cases of gonorrhoea can be cured by drinking cold water and going to bed." A. M. Carpenter, M. D., Professor in the Barnes Medical College of St. Louis, said to his class: "I have known gonorrhoea to stop in three weeks without any medicine." Prof. Larsen, M. D., Assistant Professor in the Barnes Medical College, said to his class: "If you can get a case of gonorrhoea in its beginning, and can get the patient to go home and rest on his back two days and use plenty of hot water, he will get well. Rest is a chief thing in cure." Dr. R. T. Trall, who had a large practice in New York, says, in his *Hand Book*: "I have never failed to cure the worst cases of gonorrhoea in a few days by means of a prolonged tepid or cool hip baths, repeated as often as the pain and heat increase, with full warm baths, or the wet sheet pack, and a very abstemious (light) diet." By plenty of hot water, Prof. Larsen perhaps meant to drink two or three quarts a day, and take a daily hot bath. (For full description of different kinds of baths, wet sheet pack and other water appliances, together with symptoms, causes and treatment for all ordinary diseases, see a book by Dr. W. Frank Ross, of St. Louis, called "Medical Hygiene; or, Cures for All Diseases Without Drugs.") Stop sexual intercourse until well, and a month after cured. Bathe the penis twice a day in cold water. I have had splendid results from having the patient sit twice a day for two or three minutes (not longer) in a tub half full of cold water. This reduces the inflammation. Sitting in hot water instead of cold may be better for some. Clean the bowels every day by large injections of hot water. Keep the window open at least two inches night and

day. Avoid all beer, tea, coffee, whiskey and highly seasoned food. Eat largely fruits and grains, with but little meat only once a day. Avoid exposure to cold. Read the last chapter of this book on "Drug Doctors."

With a wash rag and hot water sponge the whole body daily. Use no drugs by way of the mouth, for they derange the stomach and kidneys. Sexual intercourse within a month, or getting drunk within a month, after being cured, often brings the discharge back. If the foreskin is long, be careful to wash the head of the penis every day. It is better to use no tobacco. Eat only three meals a day, and not a bite between meals. Rest in bed a few days if possible. I have cured many cases by the above, without any drugs. One case, where the discharge had continued over a year, was cured by the above, especially sitting two or three minutes (not longer) twice a day in a tub half full of cold water. Swollen testicles, stricture and other diseases come from improper injections.

STRICTURE IN THE PENIS.—This is a partial closing of the penis, causing painful and frequent urination. Often the urine is retained. There may be a scanty muco-purulent discharge. It is caused by gonorrhoea, injuries, masturbation, improper use of surgical instruments, and strong medicines injected for gonorrhoea. The stricture may be from a spasm or contraction of the muscles. This kind is cured by strict hygienic living, according to the chapter on "Rules for Men." The organic stricture, caused by scars in the urethra, can only be relieved by passing instruments to dilate it; then the patient must live right or it will return. Dr. T. L. Nichols says that many cases of stricture may be cured by wet cloths on the parts, sitz baths and gentle friction of the parts.

ABSCESS IN THE BODY OF THE PENIS, OR PERIURETHRITIS.—This is caused by gonorrhoea, or the infiltration of stricture. It has slight pain and dropsy of the penis. There is often constitutional sympathy and slight fever. Follow the chapter on "Rules for Men," and avoid meat, intoxicants, tobacco and drugs. If possible, rest in bed, and apply cold wet cloths. In three cases I had excellent results by wrapping the patient up for an hour, morning and evening, in a cold wet sheet, and sitting two minutes (not longer) in a tub half full of cold water three times a day. In two cases this prevented the abscess from maturing. Do not open till fully ripe, then dress it with cold wet cloths.

BRUISING OF THE PENIS.—There is often a great amount of blood escaped under the skin from an accidental bruise. Do not open it. Apply cold wet cloths. Rest in bed. Take a full warm bath, and clean the bowels by a large injection of warm water. Medicines are useless.

TUMORS ON THE PENIS.—Various kinds of tumors occur on the penis, and are to be treated like tumors in any other part of the body, remembering that if cut off, the scar left behind may destroy the function of the penis for sexual intercourse. Strict hygienic living will stop their growth, and may cure them. Follow the chapter on "Rules for Men."

HERPES FROGENITALIS, OR PIMPLES ON THE HEAD OF THE PENIS.—These vesicles, or pimples, are in clusters, and attended by little pain. It may develop into small ulcers, and cause the glands in the groin to enlarge. It is cured by keeping the parts clean, and applying cold wet cloths. Adopt a vegetarian diet till cured. Take an injection of one or two quarts of warm water to open the bowels. Avoid all medicines.

CHRONIC CIRCUMSCRIBED INFLAMMATION OF THE BODY OF THE PENIS.—This comes on slowly. Generally a little pain when the penis is erect. At the point of pain a small, hard spot is felt. No cause is known. It may interfere slightly with sexual

intercourse. The disease does not generally spread. Van Buren and Keys say to use no drugs. For treatment, adopt the plans in the chapter on "Rules for Men."

TUMORS OF THE PROSTATE.—These may be simple or malignant. If simple, they may be cured or relieved by strict hygienic living, since bad hygiene caused them. If cancer, do as directed in "Medical Hygiene," a book by Dr. W. Frank Ross. Avoid all drugs.

INFLAMMATION OF THE PROSTATE.—It may be acute or chronic. In acute attacks, the prostate is always enlarged, being felt at the root of the penis. Symptoms are tenderness, slight pain, frequent desire to pass water, pain in the back, cloudy urine, pain after passing water, feeling of heat and weight in that region. Symptoms are aggravated by exercise. The most frequent cause is gonorrhoea, but is caused by sexual excess, inflammation of the bladder, use of alcoholic drinks, sitting on stones or cold, damp ground. In the acute attack the patient must rest in bed; in the chronic form he need not. Follow the chapter on "Rules for Men." Take a hot sitz bath night and morning, and keep cold, wet cloths on the part till the inflammation subsides. Open the bowels by every other day, a large injection of warm water. Drugs do harm, and no good. Avoid the bicycle and horseback riding.

ENLARGED PROSTATE.—Many men past fifty-five have this. It may or may not interfere with passing water. It is caused by venereal diseases, stone in bladder and old age. It can always be felt by passing the finger into the rectum. The symptoms are: The stream of urine becomes dribbling, frequent passing of water, with perhaps a little pain before, paralysis of bladder from over distending, hence inability to hold the water, straining on passing water, and may be blood in urine. If the patient is old, and the disease long standing, little can be done to completely cure, but he can be relieved by the frequent warm sitz bath, alternate hot and cold cloths to the part, having them as hot and cold as can be borne, and a hot wet sheet pack every other day. Improve the general health in every way possible. If urine is retained, the patient must use a catheter, and be sure to wash and oil each time used.

For a description of the wet sheet pack and different baths, see "Medical Hygiene; or, Cures for All Diseases Without Drugs," by Dr. W. Frank Ross, of St. Louis. Read the last chapter of this book on "Drug Doctors." Follow the chapter on "Rules for Men."

BUBO, OR "BLUE BALLS."—This is a swelling in the groin, generally due to syphilis, chancroid, gonorrhoea, herpes, or balanitis. Syphilitic bubo does not suppurate, but simple bubo may or may not suppurate. Follow the chapter on "Rules for Men," and sit, several times a day, for five or ten minutes, in a tub half full of cool (not cold) water. Apply cold wet cloths constantly over the bubo. If it has throbbing pain, apply hot wet cloths, and sit in hot water instead of cool. Dr. Allinson, of London, says not to cut them, but let them open of their own accord. They generally disappear without opening, but if they do burst, then dress them in vaseline, and rest in bed with cold wet cloths on them.

ABSCCESS IN THE PERINEUM.—The perineum is the part between the scrotum (bag) and anus. Abscess is caused here by gonorrhoea or an injury. Treatment is the same as for abscess in other parts; that is, apply wet cloths, hot as can be borne, several times a day, rest in bed, and otherwise follow the chapter on "Rules for Men." When it opens, keep cold wet cloths on it. Avoid all medicine.

INFLAMMATION OF THE BLADDER, OR CYSTITIS.—This has frequent desire to pass water, cloudy urine, may be blood in the urine, pain, and tender on pressure. It is caused by gonorrhoea,

gravel, exposure, long retention of urine, Bright's disease, drugs as medicines, and wrong use of the catheter. Remove the cause. Follow the chapter on "Rules for Men." The acute variety gets well in a few days without much treatment. For a chronic variety, avoid meat, alcoholic drinks, tea, coffee, tobacco, drugs and highly seasoned food. Take a daily sponge bath, and once a week take a hot wet sheet pack, or sit twenty minutes in a tub half full of hot water with a quilt around the shoulders. If the bladder is much enlarged, the urine should be drawn off with a clean catheter twice a day. Drink plenty of rain water, or boiled hard water. It is well also to take a daily sitz bath in cool water.

STONE IN BLADDER and other bladder troubles are described and treatment given in "Medical Hygiene; or, Cures for All Diseases Without Drugs," by Dr. W. Frank Ross, St. Louis, Mo.

KIDNEY TROUBLES.—Dr. B. M. Hypes, Professor in the Marion-Sims Medical College, says "to drink plenty of hot water is the best kidney medicine one can take." All the ordinary kidney troubles are described, and treatment given in "Medical Hygiene; or, Cures for All Diseases Without Drugs," by Dr. W. Frank Ross, of St. Louis, Mo.

SEXUAL NERVOUS DEBILITY.—Symptoms are irritability, pain in the back, poor memory, pain and fullness in the head, dull intellect, constipation, twitching of various muscles, tender spine, spots before the eyes, roaring in the ears, and various others. This is caused by masturbation or sexual excess. Many men and women are being doctored for various diseases, while it is simply sexual nervous debility. A reasonable amount of sexual intercourse, knowing, as I do, the excess of most people, is twice a week up to thirty-five years of age, then once a week till sixty, then once a month. The less sexual intercourse you have, the better for your health. To cure sexual nervous debility remove the cause, never take drugs and follow the chapter on "Rules for Men."

NIGHTLY EMISSIONS.—An occasional emission of semen at night ("dreaming off," as it is called) is perfectly normal in widowers and married men away from their wives. It is caused in young men and bachelors by masturbation, adultery, and bad habits of life, such as tobacco, beer, foul air, lack of exercise, highly seasoned food, want of bathing, and weakening the system by drugs. If they do not occur oftener than once in two weeks, not much harm will come from them. Some doctors frighten young men by saying nightly emissions will lead to insanity and other fearful diseases. Every man, who wants to be healthy and live as long as possible, should avoid all the causes of this disease. If it is of long standing it will take some time to cure. Read and follow the advice in the chapter on "Rules for Men." Never answer the advertisements of so-called specialists. Their medicines will injure you, and never cure. Electric belts and other electric appliances do no good, except a battery may help some. Take an hour's walk just before going to bed. Take an injection of two quarts of hot water twice a week to wash out the bowels. Avoid all the causes. Bathe the private parts in cold water every night and morning. Keep the mind occupied and off of impure thoughts. Watch the diet. Use meat and coffee but once a day, but better not use them at all. Avoid pie, cake, preserves, jelly, pepper, mustard, vinegar, horseradish, catsup, spices and such seasonings. All the above, faithfully and thoroughly followed, will cure you without drugs in a few weeks or months.

SPERMATORRHOEA.—In this disease, the semen passes away without the knowledge of the patient, while he passes urine or when the bowels move. The causes and treatment for this disease are the same as for nightly emissions. It is often very hard to cure, but can be done in a few months, or perhaps two years, by faithfully carry-

ing out the hygienic treatment. Drugs do this disease no good, and much harm. Be sure to avoid sexual excesses.

IMPOTENCE, OR LOST MANHOOD.—This is the loss of the power to properly perform the sexual act. It is caused by sexual excesses, masturbation, dyspepsia, diabetes, Bright's disease and nervous disorders. A man may be sterile and not impotent, or impotent and not sterile. If nightly emissions or spermatorrhoea accompanies it, cure them first. If the patient is old and constitutional vigor gone, then the case can not be cured, but most cases can be cured by abstaining from sexual intercourse for a time, and living for months according to the chapter on "Rules for Men." No drugs or medicines help this disease. Be sure to remove the cause. Read the treatment for sexual nervous debility.

SATYRIASIS.—This is an excessive and perpetual desire in men for sexual intercourse. It may cause no choice as to the woman being clean or filthy, handsome or ugly. The causes and treatment are the same as for nightly emissions. Active exercise, or hard work, and a daily, quick bath are good. No drugs can help you.

STERILITY.—This is an inability to become a father. This is very rare in men, but may be caused by diabetes, Bright's disease, consumption, dyspepsia, sexual excess, disease of the testicle, use of alcohol or tobacco. In some cases it can not be cured at all. If the causes can be removed, it can be cured. Remove the cause. Live according to the chapter on "Rules for Men," and the probability is you will recover. Drugs are harmful and no good. Avoid sexual excess especially. Remember a few days before and a few days after menstruation the woman is more liable to become pregnant. Cure all leucorrhoea and misplacements of the womb in the woman.

MASTURBATION, OR SELF-ABUSE.—This is also called onanism and self-pollution (see the Bible in Genesis, 38:9 and 10). This is the habit of rubbing the vagina or penis. When once the habit is established, it is hard to quit. Stricture, urinary diseases, nervous diseases, piles, insanity and various other diseases are said to result from this habit. These bad diseases, usually said to result from masturbation, are perhaps caused more by other things, such as tobacco, alcoholic drinks, tea, coffee, too much meat, highly seasoned food, lack of bathing, lack of fresh air, night and day, and lack of exercise. The average book has greatly exaggerated the bad effects of this vile habit. Many young men are nearly frightened to death by little books given away by so-called specialists, and this fear does more harm than masturbation. Still, masturbation is a fearful sin against body, mind and spirit. Many young men fail in business, or in school or college, because of this habit of self-abuse. Among the many young men who have consulted me in regard to how to get rid of this habit was a first-class machinist. Not only was he injured by the habit, but he was nearly scared to death by one of those little books. He had nearly lost his memory. The foreman would tell him what to do, but by the time he reached his bench he had forgotten what the foreman said. He expected to be discharged on account of it. I quieted his fears, and advised the treatment given below. He speedily recovered. The great majority of boys and large numbers of girls are said to practice it. If you have not been practicing it more than once or twice a week, you perhaps have not injured yourself much, provided you quit now. Masturbation, without doubt, often causes sterility, stricture, nightly emissions, spermatorrhoea, satyriasis, impotence, nervous disorders, shrinkage of the testicle, varicocele, phimosis and gleet. I knew of one young man going insane because of masturbation.

Treatment.—You can be cured if you are determined. I have cured several cases by the following; Read and obey the chapter on "Rules for Men." As soon as you wake up in the morning, get up. Take a walk or some exercise before breakfast. Sponge the body all over daily with hot or cold water. Bath the private parts in cold water night and morning. Take an hour's walk just before going to bed. Avoid bad books and pictures, obscene talk and theaters, because the way the women on the stage dress excites the passions. Be determined to quit. Keep the mind studying good books and healthful games. Be hopeful. Read the Bible and pray, for the moral treatment is a great help. Drugs and medicines never do any good.

LICE.—Crab lice are found on the hair of the private parts, legs and under the arms. They are seen as little black specks, and cause itching. They are killed thoroughly by rubbing the parts with coal oil three times a day for two or three days. Then wash with hot water and soap. Or, instead of coal oil, use red precipitate mixed with lard. Body lice are gotten rid of by changing clothing and taking a hot bath. Kill them on the clothes by boiling in hot water, or by killing them separately every day with the finger nails.

SORE THROAT.—Take a hot foot bath on going to bed, and put a cold wet cloth around the throat over night. Repeat this two or three nights. If not speedily cured, eat only two light meals a day for a few days, together with the above.

CONSTIPATION.—Drink a cup of water half an hour before each meal. Eat plenty of fruit and graham bread. Knead the bowels for five minutes twice a day. Use an injection to move the bowels when necessary. Never use drugs.

BILIOUSNESS.—Eat but one or two light meals a day for one to three days. This alone cures all ordinary bilious attacks. Sponge or bathe the whole body daily. Open the bowels by an injection of one to three quarts of hot water every other day till cured. To prevent future attacks, avoid tea, coffee, tobacco, meat, milk, butter, fried food, fats and sweets. Drugs only do harm.

BAD COLDS.—Take a hot foot bath (not merely warm), and drink hot lemonade, or plain hot water, just before going to bed, and do not eat any breakfast next morning. Take a hot bath to open the skin. Eat only one or two light meals a day for two or three days. Drugs are unnecessary.

DYSPEPSIA.—I have seen the worst cases cured by avoiding tea, coffee, fat food, sweets, fried food, cake, pie, gravies, highly seasoned foods and tobacco. Eat slowly. Chew the food well. Eat but three meals a day, with no lunching. Hopeless cases of dyspepsia are cured by a few days' fast, drinking water when hungry. Drugs do harm, and no good.

NASAL CATARRH.—This is generally caused by taking cold, excessive use of fats and sugars as food, liver trouble, scrofula, inhaling vapors and dust. Treat and remove the above causes. Exercise at least two hours a day. Keep the windows open a few inches day and night. Take an injection of one to three quarts of hot water at least once a week to clean the bowels. Take a daily sponge bath. If there is headache over the eyes, bind a cold, wet cloth round the head over the eyebrows, and leave it on all night. Do this for two weeks; then leave it off one week, then repeat it. Take a hot air, or hot sitz bath once a week. Avoid drugs, meat, tea, coffee, tobacco, alcoholic drinks, and rich foods. Eat largely of fruits and grains. I greatly relieved a bad case by the patient living on two meals a day. Climate makes but little difference, as I have been in nearly every part of the United States, and find it everywhere. The above, strictly followed, will help all cases.

RULES FOR MEN.

If you are well, these rules will keep you well. If you are sick, these rules will greatly help to cure you, and in all ordinary cases of sickness will cure you without further treatment. Eat only three meals a day, with not a bite or taste of anything between meals. Eat supper three hours before going to bed. If hungry between meals, drink a cup of water. Eat meat and vegetables only at dinner; fruits and grains can be eaten at dinner, too. Breakfast and supper should consist of only fruits and grains (oats, wheat, corn, barley or rice). Millions of hard working, stout people in Europe, Asia and Africa never eat meat. Take a bath every day in summer, and twice a week in winter, one of them a full bath with soap and warm water, and the other a sponge bath. A towel and a pint of water will do for a sponge bath if more can not be had. Do not use pepper, mustard, vinegar, horseradish, catsup, pickles, cake, spices, or highly seasoned food. Water is the best drink, but one cup of very weak tea or coffee may be drunk once a day. You will have better health if you use no tea or coffee, for they cause indigestion and nervous troubles. Sleep six to eight hours a day. Have meals and sleep at regular hours. Use a syringe to empty the bowels, instead of any pills or drugs. It is well to empty the bowels with a syringe once a week. Sexual intercourse is not necessary for health. If sick, avoid all sexual intercourse and masturbation. If well, the less sexual intercourse you have, the better health and stronger mind you will have, though between the ages of 20 and 30 it may be indulged twice a week; between 30 and 40 once a week; past 40 years of age, sexual intercourse must be not more than once in two weeks, or once a month, according to age and strength. Over half of all surgical operations are unnecessary, and could be cured by hygiene without cutting. Tobacco, beer, whiskey and wine must be strictly avoided if you wish to get well or keep well.

Rest at least ten minutes before each meal, and a half hour after each meal. Light work after a meal will do but little hurt. Keep the windows open a few inches day and night, through all kinds of weather. Breathe deeply. Hold the shoulders back, and do not breathe through the mouth. Expose the naked body to the air for a few minutes each day, and rub it all over with the hands or a flesh brush. Exercise at least an hour a day. Nervous diseases need rest. Do not go to bed with cold feet. If you get sick, eat absolutely nothing for a day or two, and this will greatly help to cure you. Health can only come from pure blood. Pure blood can only be made from pure food, pure air and pure water. Never use medicines or drugs for any disease (except to kill worms, lice, itch, warts or accidental poisoning). Read "Medical Hygiene; or, Cures for All Diseases Without Drugs," by Dr. W. Frank Ross, of St. Louis. Read the last chapter of this book on "Drug Doctors." Never take a bath within an hour after meals or a half hour before meals. Never bathe when tired. It is well to close all baths with a quick dash of cool or cold water. An ordinary bath should be taken in three minutes..

DRUG DOCTORS' TESTIMONY.

The following five quotations are copied from the "Home Hand Book," by the celebrated J. H. Kellogg, M. D., of Battle Creek, Mich. I could give hundreds of pages like these quotations. Dr. Kellogg is an ex-member of the State Board of Health. John Mason Goode, M. D., F. R. S., says: "The effects of our medicines on the human system are in the highest degree uncertain, except, indeed, that they have destroyed more lives than war, pestilence and famine combined."

James Johnson, M. D., F. R. S., says: "I declare as my conscientious conviction, founded on long experience and reflection, that if there was not a single physician, surgeon, man midwife, chemist,

druggist, nor drug on the face of the earth, there would be less sickness and less mortality than now prevail."

Alonzo Clark, Professor in the New York College of Physicians and Surgeons, says: "In their zeal to do good, physicians have done much harm; they have hurried to the grave many who would have recovered if left to nature."

Prof. S. G. Arnor, of the Long Island Hospital, says: "Drugs are administered, patients recover, and we suppose that we have cured them, whereas our remedies have had little or nothing to do with recovery; very likely it took place in spite of our drugs."

Prof. J. W. Carson, of New York College of Physicians and Surgeons, says: "Perhaps bread pills would cure as many as medicine."

The following doctors are all professors in medical colleges of St. Louis. These quotations are made from "Medical Hygiene; or, Cures for All Diseases Without Drugs," by Dr. W. Frank Ross, of St. Louis:

A. C. Bernays, A. M., M. D.: "Of course, you young doctors will go out and give plenty of drugs, but I want to tell you that ninety-eight people out of every hundred who call in a physician would get well if they did not take a single dose of medicine. That ought to give us comfort. The best physicians in the world do not give a drop of medicine in typhoid fever. If I were to take typhoid fever, I would not take a single dose of medicine. Rest, cold wet sheet pack, cold sponging and liquid diet are all that is necessary to treat typhoid fever. Not hundreds, but thousands of cases are cured by this simple treatment. I am a rank pessimist so far as drugs are concerned. To give drugs to a well man is very, very wrong, but to give drugs to a sick man is nothing short of a crime. Of course, you will all give plenty of drugs, but I am going to have my say."

Dr. Young, D. D. S.: "I am opposed to giving any drug that smells or tastes bad."

B. M. Hypes, A. M., M. D.: "To drink plenty of hot water is the best kidney medicine one can take."

I. N. Love, M. D.: "I have it almost as a stereotyped expression in acute diseases that the less that a child eats the better. Slight starvation is a good thing."

R. C. Atkinson, M. D.: "More people have died in Germany and America, who had la grippe, from the effect of the antipyretic medicine than from the disease."

G. M. Phillips, M. D.: "The homeopath succeeds because most acute diseases tend to get well of themselves if left to nature. Homeopathy is entirely unreasonable."

A. M. Carpenter, M. D.: "Nineteen out of twenty of all patent medicines are shams. Stupidity is as rife in the medical profession as it is in the political."

C. H. Hughes, M. D.: "A cough is a reflex act, but a coffin is not. A coffin is often the result of the doctor's visit."

Pinckney French, M. D.: "Fibroid tumor never kills unless some surgeon is trying to remove it."

R. C. Blackmer, M. D.: "Morphine and quinine are often mistaken by both drug clerks and doctors, and hence at times, instead of quinine, they give morphine and kill the patient. Drug stores often have drugs in bottles with wrong labels."

A. R. Kieffer, M. D.: "Nature is generally kind, and will cure if the doctor will let her alone."

C. H. Powell, M. D.: "You will often praise a remedy when the disease would have gotten well of itself."

W. C. Day, M. D.: "A young Kansas druggist began the practice of medicine and never lost a case, because he only gave starch, pepper and ginger."

Health and Long Life for All.

SEND FOR

MEDICAL HYGIENE, or CURES FOR ALL DISEASES WITHOUT DRUGS. A book of 200 pages. Postpaid for Postal Order for \$1. It gives symptoms, causes and hygienic treatment for all ordinary diseases, including those of the stomach, liver, bowels, nerves, kidneys, bladder, heart, blood, rectum, eyes, ears, throat, mouth, lungs, fevers, female diseases and diseases of children; besides essays on midwifery, or obstetricse; childbirth without pain or danger; care of infants; the diet cure; the water cure; remedies of medical hygiene; Rev. John Wesley, founder of the M. E. Church, on hygienic medicine; unity of disease; when to use drugs; a trip to Europe; valedictory address; if uncertain what to do; testimony of leading drug doctors. Much of this book was obtained by a trip to Germany, England and Scotland, where tens of thousands are cured without drugs. The celebrated Doctor Holmes says nine out of ten sick people will get well without any treatment. With this book you will save four-fifths of the usual expense for doctors and medicines. The words are all short and simple. No family is complete without it.

MYSTERIES AND DISEASES OF MEN. Postpaid for 50 cents. It contains full description and hygienic treatment, without drugs, for syphilis, gonorrhoea, gleet, lost manhood, masturbation or self-abuse, seminal losses, spermatorrhoea, sterility, chancroid, varicocele, constipation, dyspepsia, catarrh, biliousness, fevers, bad colds, sore throat and other diseases, besides essays on physiology in simple language.

*** MEDICAL SECRETS FOR MARRIED PEOPLE.** Postpaid for 25 cents. All married people, and those thinking of it, should have this book. Some may think this book tells too much. It contains just what you want to know, but are ashamed to ask the doctor.

Send money by Postal or Express Order. Stamps taken if less than one dollar. Address,

**DR. W. FRANK ROSS,
2935 Easton Ave., St. Louis, Mo.**

* In preparation. To be issued soon.